drug charges last year,

partly because of a drop in

tips from the public PAGE 3

CALGARY 'WE'RE GETTING Why do girls Oh, grow-op! THERE' pimp girls? Police busted fewer HARRISON FORD TALKS TO METRO ABOUT HIS ROLE IN THE JACKIE marijuana grow Ontario court case shows operations and laid fewer

FOR ALL

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ISSELL

Trucker was 'the best dad'

'Freak accident'.

Company steps in to help wife, two young daughters in wake of highway tragedy



NOLAIS

Melissa Lalonde remembers planting a kiss on her husband, whispering "Good night" and "I love you" and then going to sleep as she'd done hundreds of times before.

It was Tuesday night, the last time she would ever see 39-year-old Andre Lalonde alive.

On Wednesday morning, before most Calgarians were even awake, the father of two young girls was operating a push truck on Deerfoot Trail as part of a convoy transporting a crane to Jasper. The company he had been with for the past half-decade, Whissell Contracting Calgary Ltd., believes that at some point near the 17th Avenue S.E. turnoff, some of the vehicles struck a barrier. The crane, the trailer on which it was perched and the push truck all rolled onto their sides.

how perpetrators and

are skewing younger —

victims of human trafficking

It's believed Andre was killed on impact.

On Saturday, family and hundreds of truckers gathered at a northeast Calgary funeral home to pay their respects, recalling Andre's hearty laugh and willingness to help others.

"He was the love of my life," Melissa said on Sunday. "Andre was the best dad - that's really the only way I can describe it

uarters of Whissell Contracting Calgary Ltd. pays tribute to driver Andre Lalonde, inset, who was killed in an accident on Deerfoot . The company has set up a trust fund for his two young daughters. <code>contributed/brianna hall</code> Whissell has a set up a

Alexina, 2. Donations can be made through RBC Royal Bank. Many who knew Andre have taken to social media to

trust fund for Michaelle, 7, and

express their sadness, with most describing the incident as a "freak accident." Melissa said her husband had been around heavy equipment since he was a child in Ontario. He had taken well to the team at Whissell,

even working as crew for the company stock-car-racing team.

Team driver and company vice-president Jarrad Whissell described him as a "great man." Police have said Whissell had a clean track record and the

proper permits to transport the

"He liked to go with the guys and be a part of the team," Melissa said. "They were like brothers to him.... He will be sadly missed by many."

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Calgary

Prohibited. Man trying to drive home from court gets longer sentence

Plus-15. Police investigate alleged sex assault on pedestrian link

Freezing rain leads to one death, outages

One woman was killed and another woman and two children were taken to hospital after a head-on crash on the Trans-Canada Highway early Sunday.

There was quite significant damage," EMS spokesperson Adam Loria said of the collision, which happened at about 7:15 a.m. in the highway's westbound lanes near Valley Ridge Boulevard N.W. on Calgary's western edge.

Paramedics declared the sole occupant of one vehicle dead on the scene, Loria said, while the three occupants of the other vehicle — a woman in her 30s and two children believed to be between five and 10 years old — were taken to hospital in "serious but stable and non-life-threatening condition.'

The highway was closed for most of Sunday morning as police investigated.

Det. Angela Torraville described road conditions in the area as "super slippery" at the time of the crash, due to freezing rain that blanketed much of the city on Sunday morning.

The weather also led to pole fires and numerous power outages across the city that affected thousands of customers, according to

Some Calgarians were left without electricity for just a few minutes, while others were in the dark for more than six hours in an outage that affected Sherwood, Royal Vista, Hawkwood and Citadel. ROBSON FLETCHER/METRO

Police had two people in custody on Sunday following an alleged sexual assault.

According to Insp. Steve Ellefson, the incident took place at about 8 p.m. Saturday inside a Plus-15 in the 400 block of 3rd Avenue S.W.

"We are not releasing anymore information at this point," he said, adding more details could be made public as early as Monday.

photo provided to Metro by a person staying at the nearby Westin hotel showed blood on the ground near the area of the incident; however, Ellefson wouldn't confirm it was linked to the

Plus-15s provide an enclosed, above-ground pedestrian link between popular downtown buildings.

Provincial court levied a 45day jail sentence and an additional one-year driving proba-tion to a 51-year-old Calgary man after he drove, minutes after receiving a court-ordered driving prohibition.

The man appeared in court on April 5, and entered a guilty plea in relation to impaired charges from November 2011. The judge prohibited the man from driving anywhere in Canada for two years, and his license was suspended.

But, according to Airdrie RCMP, the man, whose court appearance ended at 10:20 a.m. on Friday, left court and got into his vehicle to drive

Police intercepted the man because they had seen his vehicle parked near the courthouse. METRO

Where's the weed?

Community. Tips from public needed to keep on top of drug operations, say police



JEREMY NOLAIS my.nolais@metronews.ca

Police busted fewer marijuana grow operations in Calgary neighbourhoods last year, but investigators say they still need the public to step forward and help nip ongoing problems in the bud.

A total of 66 warrants were executed on illegal grows in 2012 — just two-thirds the number seen on average over the previous five years. Police also seized 20,000 fewer plants compared to the same time period.

But Alberta Law Enforcement Response Teams Staff Sgt. Keith Hurley said that doesn't necessarily mean the problem is being rooted out.

"We have seen a notice-

Along with fewer marijuana grow-op busts, police also laid 14 per cent fewer drug-related charges in 2012.

able decrease in tips from the public," he said. "We rely on those people to give us information.

The province has launched a public consultation on how better to crack down on illegal marijuana grow-ops and overcome lasting effects on residential properties, including toxic mould and dangerous electrical bypassing.

The Calgary Police Service has also made it clear to the federal government that it supports a move away from legal marijuana grows for medicinal users after two such operations were shut down last year amid safety concerns.

But even with those highlevel initiatives, Terry Hathaway, executive director for



due to a drop in tips from the public. ED ANDRIESKI/THE ASSOCIATED PRESS

Calgary Crime Stoppers, said a keen-eyed neighbour may be the best tool for police.

He said signs a house may be growing drugs include taped-off windows, an unusual amount of heat emanating from the property and people coming and going at odd hours.

"If you notice those things, I would go so far to say it's almost a crime not to report it," Hathaway said



metr

04 NEWS

metronews.ca
Monday, April 8, 2013

Father calls for change after daughter assaulted on bus

Strategy. Rocky View Schools already has taken initiative to improve student commuting experience



JEREMY NOLAIS jeremy.nolais@metronews.ca

Questions about school-bus safety are being raised by an Alberta father who claims his autistic seven-year-old daughter had a few strands of her hair cut off and her life threatened by a younger peer.

The incident took place aboard a bus operating on behalf of Rocky View Schools on March 14, but Irricana father Andrew Carr said he's still seen no evidence of improvements to the Calgary-area division's bus-safety procedures.

"They took him off the bus for three days — that's it," Carr said. "My issue here is the punishment didn't fit the crime and the lack of response from Rocky View.... I feel there's more being done on the side of the perpetrator than the victim."

According to Carr, the student stole a pair of scissors from his classroom and used them to cut his daughter's hair and slash the knuckles of a fellow student.

Carr also claims that same



child threatened to return with a bigger pair of scissors and kill his child.

"Him threatening further violence is really concerning to me," he said. "We want him taken off the bus for the rest of the verr"

But Rocky View Supt. Greg Bass said the claim that Carr's daughter had her life threatened was never corroborated. Beyond that, he said the school board drafted a plan last year to improve school-bus safety and student behaviour.

Bass added the general sampling of students on the bus and the length of time they can spend riding it — up to an hour in some cases in Rocky View — can pose some challenges.

"It's really a classroom on wheels.... It's a very unique classroom because you can have up to 50 kids, (a) widespread grade spectrum and a driver who's concentrating on the road," he said.

Teachers are now working with students during the day to carry over "pro-social behaviours" on the bus, Bass said.

He added that violent incidents aboard Rocky View buses are rare, but did concede an "issue" exists in the overall bus-riding experience after one third of students have responded less than favourably to a survey on the matter in recent years.

Quoted

"We have an issue where students don't feel that (riding the bus) is necessarily a good experience and we're trying to delve into what is exactly meant by that."

Rocky View Schools Supt. Greg Bass

Leadership race

Calgary Liberals cast ballots as party's fortunes rise

Buoyed by recent national polls putting their party neck-and-neck or even ahead of the governing Conservatives, Calgary Liberals began casting ballots for a new leader Sunday.

Roughly 127,000 party members and supporters are able to cast ballots online or over the phone this week, including Calgarian Gwyneth Midgley, who voted Sunday for frontrunner Justin Trudeau.

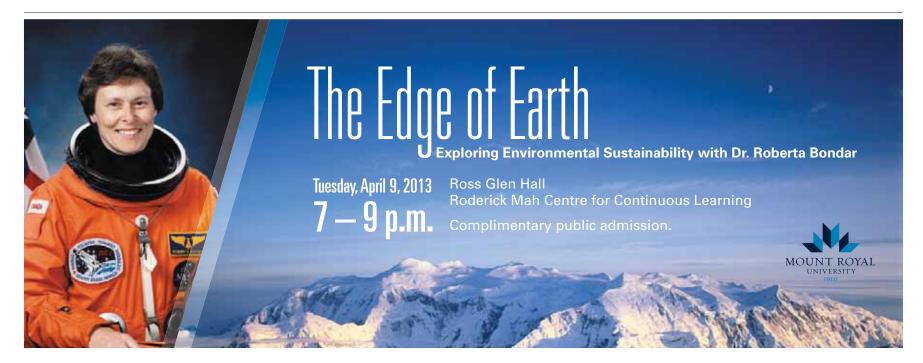
"He has the qualities I want in a leader," Midgley said. "I've met him five times in the past year, and he continues to impress me with this ability to connect with people across the board, but especially the younger demographic."

Vincent St. Pierre hadn't yet voted but said he also plans to rank Trudeau first on his preferential ballot.

"If you look at the team surrounding Justin Trudeau, you have a set of 25-to-45-year-olds, who are there (for) a generation of people who have not been integrated into the political system," St. Pierre said.

Jody MacPherson, meanwhile, plans to vote for Joyce Murray. "I've been just really impressed with her," she said. "In my opinion, she's the only candidate that's really put up a good challenge to Trudeau."

The new Liberal leader is to be announced April 14. ROBSON FLETCHER/METRO



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metr⊕ **NEWS**

Tunis, Tunisia

Activist in hiding after threats

A 19-year-old Tunisian who bared her breasts and taunted Muslim hardliners said this weekend that she now fears for her life and wants refuge abroad. Known only as Amina, she appeared in photos on Facebook last month with the words "My body belongs to me" on her bare chest. Amina is in hiding after reportedly receiving death threats. THE ASSOCIATED PRESS

British Columbia

Fake weapons startle some

Relax, folks: Those U.S. nuclear missiles marked "loaded" being shipped around Vancouver Island by train aren't real and are just movie props. They were used for a reboot of the Godzilla movie franchise, filmed on Vancouver Island.

THE CANADIAN PRESS

N. Korea may test missile soon

Koreas. North says it can't quarantee safety of diplomats as of Wed; they want concessions: South

A top South Korean nationalsecurity official said Sunday that North Korea may be setting the stage for a missile test or another provocative act with its warning that it soon will be unable to guarantee diplomats' safety in Pyongyang. But he added that the North's clearest objective is to extract concessions from Washington and Seoul.

North Korea's warning last week followed weeks of war threats and other efforts to punish South Korea and the U.S. for ongoing joint military drills, and for their support of UN sanctions over Pyongyang's Feb. 12 nuclear test. Many nations are deciding what to do about the notice, which said their diplomats' safety in Pyongyang cannot be guaranteed beginning this Wednes-

day.
Tensions between Seoul and Pyongyang led South Korea's Joint Chiefs of Staff to announce Sunday that its chairman had put off a visit to Washington.

The U.S. military said its top commander in South Korea had also cancelled a trip to Washington because of developments.

The South Korean defence minister said Thursday that North Korea had moved a missile with "considerable range" to its east coast, possibly to conduct a test launch.

His description suggests that the missile could be the Musudan missile, capable of striking American bases in Guam with its estimated range of up to 4,000 kilometres.

Citing North Korea's suggestion that diplomats leave the country, South Korean President Park Geun-hye's national-security director said Pyongyang may be planning a missile launch or another provocation around Wednesday, according to presidential spokeswoman Kim Haing. THE ASSOCIATED PRESS





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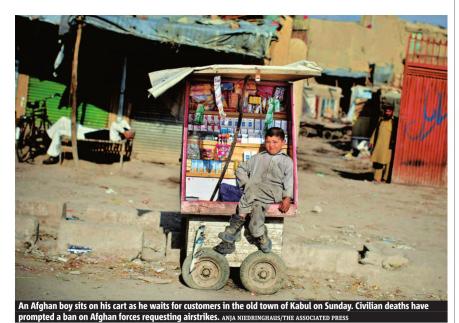
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metronews.ca Monday, April 8, 2013 **NEWS**



Airstrike kills 11 children: Officials

Afghanistan.

Interior Ministry says U.S.-led coalition killed six Taliban in operation

A fierce battle between U.S.backed Afghan forces and Taliban militants in a remote corner of Afghanistan left nearly 20 dead, including 11 Afghan children killed in an airstrike and an American civilian adviser, Afghan officials said Sunday.

The U.S.-led coalition said it was assessing the incident but could not confirm that civilians were killed.

Toronto

Police say women sexually assaulted teen in parking lot

Police are searching for four women after a 19-year-old man was sexually assaulted in a downtown Toronto parking lot Saturday night.

The teen met the suspects at a nightclub, police say. He left after they offered him a ride home.

According to police, the teen was driven to a parking lot where he was sexually assaulted by all four suspects, described as white and in their 30s.

The women then fled in a silver Honda SUV. TORSTAR NEWS SERVICE

It also stressed that the airstrikes were requested by international forces. A strike in the same area, which killed 10 civilians last year, prompted Karzai to ban his forces from requesting coalition airstrikes.

Officials said the airstrike occurred after a joint U.S.-Afghan force faced hours of heavy gunfire. The country's Interior Ministry said six Taliban were killed in the battle.

The battle unfolded on Saturday, the same day that a total of six Americans were killed in violent attacks. The deaths capped one of the bloodiest weeks of the nearly 12-year-old war. On Wednes-

Fighting season

The fighting along a main Taliban infiltration route from Pakistan on Saturday showed a surge of hostilities as Afghanistan's spring fighting season gets underway.

• Test. This year's will be closely watched because Afghan forces will have less support from the international coalition.

day, insurgents ambushed a courthouse in the relatively safe west, killing more than 46 people. THE ASSOCIATED PRESS

Liberal leadership race. Trudeau buzz drowns out opponents as vote begins

Liberals have begun casting ballots to choose a leader they hope will guide them out of the political wilderness.

Voting began shortly after the six contenders made their final sales pitches at a national showcase on Saturday.

Some 127,000 Liberal party members and supporters are eligible to vote. The results will be announced next Sunday.

The outcome has been widely seen as a foregone conclusion since Justin Trudeau launched his campaign last October.

Trudeau's grand entrance, accompanied by throbbing music and throngs of chanting,



placard-waving supporters, was in stark contrast to the others' subdued demonstrations. None of his rivals dared make any direct attacks on Trudeau, whose supporters dominated CTOWD. THE CANADIAN PRESS



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metronews.ca Monday, April 8, 2013 metr⊕ **NEWS**

Turkey. Genocide label marring trade talks with Canada, says ambassador

Turkey's ambassador to Canada says the Harper government's decision to brand the killing of Armenians by Ottoman Turks as genocide may be hindering a potentially lucrative trading relationship.

Ambassador Tuncay Babali made clear in a wideranging interview with The Canadian Press that Canada's position on the First World War-era slaughter of an estimated 1.5 million Armenians still carries a sting for his country.

But that doesn't mean Turkey doesn't want to press on with forging a deeper economic relationship with Canada, ideally a free-trade agreement to complement the current Canada-EU freetrade talks once they are completed, he said.

"I'm a true believer in the potential of our two nations. Canada has a lot to offer Turkey, and Turkey in return has a lot to offer Canada," said Babali, noting that Can-

Slow going. Turkey's ambassador Tuncay Babali said he suspects Canada is not engaging as quickly as Turkey would like because the genocide issue is still hanging over relations. "There is a pacing issue here," he said. "We want results. We want action. We want concrete steps forward. Talking about positive things is OK, but it takes two to tango.'

ada's internal Foreign Policy Plan has identified Turkey as a key country of focus.

"It cannot be business as usual while accusing a nation of genocide.

'It's a serious allegation. It needs to be substantiated, legally, historically,"

THE CANADIAN PRESS

India. Nine arrested in building collapse that claimed 74 lives

Police say they've arrested nine people, including builders, police officers and municipality officials, for colluding to illegally construct a residential building in India's financial capital that collapsed, killing 74

people.
Police commissioner K.P. Raghuvanshi says two builders were arrested for allegedly paying bribes to police and municipality officials to construct the eight-storey building in the Mumbai suburb

of Thane without any official

The building came crashing down on Thursday in the country's worst house collapse in recent decades. Raghuvanshi said Sunday that police will formally charge the nine with culpable homicide and causing death by negligence at the end of an investigation into the ac-

If convicted, they can be sentenced to up to life in prison. THE ASSOCIATED PRESS



Pakistan

Musharraf OK'd for run at parliament

Pakistan's former military ruler Gen. Pervez Musharraf was given approval Sunday to run for parliament next month. Musharraf seized power in a military coup in 1999 but was forced to step down nearly a decade later. The impact of Musharraf's party in the May 11 election is expected to be minimal. THE ASSOCIATED PRESS

Croatia

Alphabet switch prompts protests

Tens of thousands of Croatians have protested against the return of the Serb Cyrillic alphabet in a town devastated during a war for independence in the 1990s. The protesters joined the demonstration Sunday at Zagreb's main square against the change in the eastern town of Vukovar. The associated press

Egypt

Mubarak faces corruption probe

Egypt's state news agency says the country's top prosecutor has ordered a new investigation into corruption allegations against ousted President Hosni Mubarak, a move that will keep him detained during his upcoming retrial. The 84-year old Mubarak heads to court April 13 over his alleged complicity in the killing of hundreds of demonstrators during the protests that ultimately forced him out of office in February 2011. THE ASSOCIATED PRESS

China

More bird-flu infections noted

China reported three more cases of human infection of a new strain of bird flu on Sunday, raising the total number of cases to 21. Six of those who contracted the H7N9 virus have died.

THE ASSOCIATED PRESS









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Aaron Bickman







metronews.ca NEWS 09 NEWS 09

Human-trafficking trial set to begin

Ottawa. Three teen girls charged with assaulting, robbing other teens, and forcing them into prostitution



JESSICA SMITH Jessica smith@metronews co

A human-trafficking and prostitution trial set to begin in Ottawa youth court on Monday is expected to shed light on how police came to accuse girls as young as 15 of running a prostitution ring.

Ottawa police say the female victims were lured online by the accused to social events, then taken to an Ottawa Community Housing unit. There, police allege, the girls were assaulted, threatned and driven to another location and forced to perform sex acts with johns.

Two of the accused were 15 and one was 16 at the time of the alleged crimes last year. They are charged with human trafficking, procuring for prostitution, forcible confinement, robbery, assault and uttering threats.

The victims were 13 to 17 years old at the time. The first victim was sexually assaulted and robbed of her iPod, clothing, makeup and bag between May 16 and 19, court documents allege.

The second victim was trafficked on May 30 to 31, court documents say. The youngest victim, aged 13, was the last. She was allegedly trafficked by the girls on lune 3

The mother of one of the victims told Metro after the arrests last year that the accused teen girls offered her daughter a chance to become a prostitute. After she refused, they turned their sights on her.

"They said you can be an escort and make lots of money," said the woman,

The bigger picture

- Public Safety Canada defines human trafficking as "recruitment, transportation, harbouring or exercising control, direction or influence over the movements of a person in order to exploit that person." Many victims are forced into prostitution; others are forced into labour.
- About 90 per cent of Canadian human-trafficking charges are domestic and don't involve people crossing international borders.
- Between 2001 and 2011, police forces across the country laid 31 charges against young offenders (under 18) for living off the avails of prostitution and procuring for prostitution.
- It's rare for a minor to be charged with human trafficking.

who, to protect her daughter's identity, cannot be named. "She asked them, 'Isn't that when you have sex for money?' and they said, 'Yeah, you can make a lot of money.' She said, 'No, I don't do that,' and it escalated after that.

"As simple as that, and then they turned," she said. "There was three against one."

The woman said her daughter is still terrified after being robbed, beaten, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit.

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she said of one of the accused.

Her daughter was confined, but escaped and came home, she said.



A young woman works the corner of Gerrard and Jarvis streets in downtown foronto. Police say that the victims and perpetrators in human-trafficking cases are often surprisingly young.

Female violence rooted in family dysfunctior

Girls pimping girls not new: Researcher

It's not uncommon for girls to become pimps and to force or procure other young girls into prostitution, says a professor who researches violence among girls.

Sibylle Artz, former director of the School of Child and

Youth Care at the University of Victoria, began researching violent girls in the 1990s and also studied the case of Reena Virk, a 14-year-old girl who was beaten and murdered by teenagers near Victoria in 1997.

In the wake of the Virk case, Canadians were searching for answers for how girls could be so aggressive and violent. Artz's research offers some explanations.

"In talking about prostitution, we're talking about the power over other peoples' bodies," she said.

Girls who pimp out other girls typically come from deprived backgrounds and family problems, where unhealthy views about women mean they are quickly turned into sex objects, Artz said.

"The whole idea that a woman is a sexual commodity is very clearly spelled out in the minds of those among whom these girls live," she said. "They see that one way to become powerful and in control is to be the person who is the perpetrator rather than the victim."

Boys who pimp often follow a similar path.

"It's a terribly sad story," she said. "But it's a reflection on some level of the propensity to see girls and young women as saleable commodities." When the public is scared or shocked upon learning about young girls committing acts of violence, it's a good thing, she said.

"I'm glad we're shocked. That we are shocked is an indication that this is something we don't hold as a norm. What we have to figure out is how to help these girls, and certainly we have to figure out how to help their victims."

JESSICA SMITH/METRO

Coercion. Cops seeing young victims, victimizers

Victims and perpetrators in human-trafficking cases are often younger than anyone would like to believe, says a detective who specializes in prostitution cases.

Det. Mark Benallick works in the special-victims section of the Toronto police force. His officers lay a human-trafficking charge, which carries a maximum prison sentence of 14 years, when they see a victim being controlled and exploited

through threats and coercion.

"We're finding a lot more of these occurrences where it's younger



people, under the age of 18, even 16, who are being victimized and turned out to work in the sex-trade industry," he said.

"The people who are exploiting them aren't much older," he added. "I guess the stereotype that a lot of people think of is of somebody much older, savvy to the business and knows how to play the game. But it's young people who are realizing just how lucrative prostitution can be."

Most of the prostitutionrelated trafficking in Ontario is domestic, he said. "It's happening right here. One day they're posting on the Internet out in Kingston and then the next day they're in Barrie. You can follow that trail"

Benallick cites the case of a 16-year-old girl accused of delivering two girls she was living with in a group home to a prostitution ring in Toronto. The courts will take her situation and age into account, he said.

"But there comes a time where you have to make choices, and now you've crossed a line: Maybe you're not so much a victim anymore; you're choosing to victimize someone else."

The full effect of humantrafficking laws remains a grey area, since some major cases are still working their way through the courts.

"The human-trafficking charges have only been around since 2006. It's building. With every year, there are new cases that go through the system that build the case-law base that we have," he said. JESSICA SMITH/METRO

metronews.ca Monday, April 8, 2013



B.C.'s Bollywood boondoggle

Bollywood stars Abhishek Bachchan, left, and Aishwarya Rai arrive at the Times of India Film Awards at Vancouver's BC Place Saturday night. The three-day celebration of South Asian film, dance and music was hosted and promoted by the B.C. government for \$11 million in the hope of boosting trade and tourism with India. Despite B.C. Premier Christy Clark's claim that 400 million people watched the event, organizers say it has not yet been broadcast in either Canada or India. JENNIFER GAUTHIER/FOR METRO IN VANCOUVER



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Providence, R.I.

Empty 'Superman building' is symbol of economic slide

Rhode Island's tallest building will soon be the most visible symbol of the state's long economic decline.

The skyscraper, known to some as the "Superman building" for its similarity to the Daily Planet headquarters in the old TV show, is losing its sole tenant this month. It's a blow for the city and the state, which had 9.4 per cent unemployment in February and has had one of the worst jobless rates in the U.S. for years.

THE ASSOCIATED PRESS

Jerusalem

Hackers cause few problems for Israeli websites

A weekend cyber-attack campaign targeting Israeli government websites failed to cause serious disruption, officials said Sunday. The attacks followed warnings by hacking group Anonymous that it was launching a massive attack.

Yitzhak Ben Yisrael, of the government's National Cyber Bureau, said hackers had mostly failed to shut down key sites. "So far it is as was expected, there is hardly any real damage," he said. THE ASSOCIATED PRESS

Foreign workers. RBC facing customer backlash over report

The Royal Bank of Canada was scrambling to explain its hiring practices to customers Sunday after a media report claiming the bank was employing foreign workers to replace Canadian staff prompted a flood of outrage

Canada's largest bank said it has not hired foreign workers to take over the job functions of current employees, but said it uses outside companies as one of its strategies to improve "operational effectiveness."

The bank's move to clarify its hiring strategies came after a CBC News report that quoted a Toronto employee working in IT systems support for RBC Investor Services who said he and dozens of others were losing their jobs to temporary foreign workers.

Dave Moreau told the public broadcaster that he and others

403-918-6225

REJUVENATEA BODHIWELLBEING.CON

Online outrage

 On Facebook, a Boycott Royal Bank of Canada group had over 2,000 "likes" by early Monday.

are being made to train the new workers who will be taking their jobs.

RBC said it planned to discuss the situation with government officials. That wasn't enough to placate a number of Canadians who took to the Internet to express their anger at what many called unfair hiring practices.

"Bad move @RBC I've been thinking about switching, thanks for making decision easy for me," tweeted one man. THE CANADIAN PRESS

403-452-1469

BODHIWELLBEING.COM

Student help gets Wikipedia editors crabby

'Anyone can edit'?

Online encyclopedia isn't quite as keen on crowdsourced content as previously thought

A recent dust-up between Wikipedia and Canada's largest university raises questions about how collaborative the popular website that bills itself as "the free encyclopedia that anyone can edit" truly is.

The online information portal recently took a professor from the University of Toronto to task for one of his classroom assignments.

Steve Joordens urged the 1,900 students in his introductory psychology class to start adding content to relevant Wikipedia pages. The assignment was voluntary, and Joordens hoped the process would both enhance Wikipedia's body of work on psychology while teaching students about the scientist's responsibility to share knowledge.

But Joordens's plan backfired when the relatively small contingent of volunteer editors that curate the website's content began sounding alarm bells. They raised concerns about the sheer number of contributions pouring in from

Too many cooks

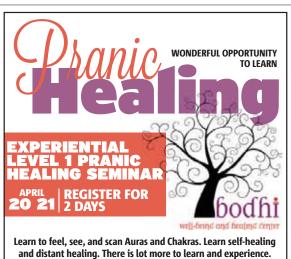
"I assumed that the current core of editors was extremely large and that the introduction of up to 1,000 new editors would be seen as a positive."

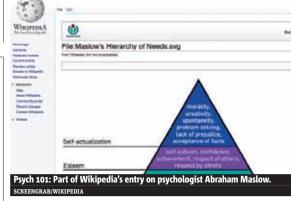
University of Toronto professor Steve Joordens

people who were not necessarily well-versed in the topic or adept at citing their research.

Discussions in the Wikipedia community became very heated with allegations that articles were being updated with erroeous or plagiarized information. Some community members called for widespread bans on university IP addresses and decried the professor's assignment as a needless burden on the community.

Joordens issued a statement defending his students, saying only 33 of the 910 articles edited were tagged for potential problems. But he also acknowledged that he did not understand the limited scope of the Wikipedia editorial community, which boasts a few thousand members compared to the more than 488 million people who visit the site every month. THE CANADIAN PRESS









metronews.ca Monday, April 8, 2013 **VOICES**

ROAD CLOSURES: THEY'RE NOT ABOUT YOU

Sitting in traffic has got to be one of Calgary's most teeth-gnashing pitfalls.

Whether it's the volume of vehicles, combined with poor road design (see Glenmore and Anderson pinch points), or a skiff of snow, it can be a mood changer. We need to get to places, meet people and get stuff done. So let's keep traffic rolling along, right?

Things change, however, when the reason traffic is snarled is because of a road closure after someone has been seriously injured or killed in a

It was disheartening at first, and then outright maddening, to see people use social media to express their frustration that roads in and around the city were closed on two recent occasions.

On Sunday, when a woman was killed and three others - including two children — were injured on the TransCanada High-



Darren Krause darren.krause@metronews.ca

way just west of Calgary, some took to Twitter expressing frustration with the road and accesses to Valley Ridge being closed.

Last Wednesday was the same. Deerfoot Trail, where a father of two young girls was killed in a horrific wreck, was closed, leaving tens of thousands looking for another way to get to work or school - me included. People grumbled openly on Twitter about the fact that the northbound lanes of city's busiest roadway would be closed all

Upon reflection on Sunday, I thought, "What part of 'people were killed' do people not get?"

Careful police investigations take time. It takes more time to clear vehicles and debris from the roads, eliminating hazards for other drivers. I don't think the city, police or other levels of gov-

ernment close roads willy-nilly, hoping they can stick it to us. They do it because it's a necessary course of action.

Taking to Twitter after tragedy

Upon reflection on Sunday, I thought, "What part of 'people were killed' do people not get?"

Are we so focused on minor inconveniences in our own lives that we can't for a moment consider that the road closure likely isn't about us?

Further, is this an insensitivity we want illustrated on social media for thousands to see?

Roads are closed for a good reason, often a very unfortunate one. Detours are set up and the roadway is cleared so traffic can at some point resume in relative safety.

Think about it the next time a road closure has you crawling along in traffic. Yeah, it's frustrating — but you'll get to your home, office or school safely.

The same cannot be said about two of your fellow Calgarians.

ZOOM

Chalk this one up to dedication



CHRISCARLSONART.COM

The next level of **Tetris: flip-book art**

Artist Chris Carlson is known for his anamorphic 3D stopmotion videos. Using chalk, he draws different images and animates them by taking different pictures of his work and putting them together like a flip-book.

In his latest video, he

pays homage to the iconic puzzle game Tetris.

Although art is his passion, Carlson didn't set out on this path. He initially went to business school and received a finance degree. However, after seeing 3D chalk drawings on the Internet, he decided to give

METRO WORLD NEWS



"I needed some art for mv walls. It was the

first time I tried to do a painting so I did a lot of abstract work.

Chris Carlson on his first project

Just a block of time

It took Carlson 40 hours to complete the 50-second video, which he did in four 10-hour days.

"There were days where I thought I was going to go crazy in the studio drawing Tetris block after Tetris block," he admitted.

Visit chriscarlsonart.com.

Helping cancer patients. Mad Hatter Tea Party an extravagant affair

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

After Red Deer resident Sharon Schultz lost her sister to cancer five years ago, she wanted to find a way to help cancer patients through their own battle.

Schultz decided to establish "hat room" at the Central Alberta Cancer Centre, where patients can browse and select headwear at no cost.

To keep the hat room stocked, Schultz organizes a Mad Hatter Tea Party each year in March. Event attendees come decked out in a variety of headgear - the more extravagant, the better — and donate hats for the room, as well as

I would like to extend a bouquet to the investigative reporters at the CBC for exposing the extent of tax avoidance and evasion in Canada.

It is my hope that the CBC exposure will result in a public clamour that spurs the Harper government

The very rich should not be allowed to have their way with politicians, and, by extension, the general funds for the Canadian Cancer Society to purchase and main-

tain wigs.

Since it began five years ago, the event has raised more than \$10,000 and collected more than 600 hats. While hats and wigs are not integral to medical treatment, they can help make a patient's struggle with cancer a bit easier by giving them a sense of normalcy and

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Its youth empowerment event, We Day, was in eight cities across Canada last year, inspiring more than 100,000 attendees. Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

public. If that lost revenue were to be recovered, it would go a long way toward paying for social services and infrastructure renewal, and reducing or eliminating the deficit.

Politicians are fond of telling us to tighten our belts, while they allow the very wealthy to use tax havens and loopholes to get away without paying their fair share of taxes.

William Dascavich, Edmonton, Alta.

WANT TO HEAR FROM YOU: Send us your comments: calgaryletters@metronews.ca



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metronews.ca Monday, April 8, 2013

The great homebuying debate

New versus used.Decision will be based on your needs



SCORGIE For Metro

There are benefits and drawbacks to buying a new versus resale (used) home and there is no clear winner in this debate — the decision has to support your needs.

Besides the "new home smell," the key benefits of buying new are that no one else has lived in the home, you can often customize features, and it is up-to-date with technology, codes and standards. New homes also showcase modern design, offer warranties (check the conditions) and have sparkling new appliances.

The drawbacks, however, are that homebuyers must pay HST/GST, which adds up to thousands. The government does offer certain rebates to new homeowners, so check its website (cra-arc. gc.ca). Additionally, many new homes are located in developing communities further from the city centre



where schools and parks are not complete.

The key benefits of buying used are that you can see exactly what you are getting, neighbourhoods are typically developed and the community culture is long established, which may suit your lifestyle. This combination allows you to observe road traffic, sense of community, and accessibility to schools, parks, and retail stores. You may also benefit from add-ons from the previous owner like a gar-

age, or upgraded countertops. In many cases, the landscaping is complete and trees are mature.

But there are compromises when buying resale. Unless you plan a major renovation, you can't move walls,

pick tiles, or select the size of your bathroom vanity. Resale homes also tend to be older and can have higher associated maintenance costs.

If you want the best of both worlds, consider building a new home in an estab-

lished neighbourhood.

In all cases of home purchasing, for personal peace of mind and financial protection, get a home inspection. A qualified home inspector can uncover issues that you can't see with the naked eye.

Home inspections are an important safeguard

Bills can certainly pile up when purchasing a home. But one you shouldn't skip out on is a home inspection.

Typically, for a few hundred dollars through a visual inspection, an inspector can help determine the overall quality of the property you are going to buy. Their job is to communicate to you the condition the house is in and, specifically, identify whether there are certain aspects that require repair, replacement, maintenance, or are concerning in other ways.

Besides offering an overall opinion as to the structural integrity of the property and/ or building, the main aspects of the home that an inspector examines are:

- Foundation.
- Windows, doors and walls.
- Roof, gutters, outside walls

Get an appraisal

 Whether there are trouble spots with your property or not, get an appraisal. An independent appraisal will reveal how much the property is worth. It takes into account the home inspection (the shape the property is in), current market conditions and comparable properties within the area. This assessment should help protect the buyer from overpaying.

and the slope/drainage of the property.

- Plumbing and electrical systems.Heating and cooling sys-
- tems.
 Insulation and ventilation.
- Insulation and ventilation.
 If it's a condominium, common areas are examined.
- Many inspectors will turn on all the appliances to see that they function, but this isn't their key focus since appliances may work one

day, then become broken the

When an inspector identifies trouble spots with the property, they can often provide some level of assessment as to the costs associated with fixing the issues. But if the inspector doesn't offer a financial assessment, they have contacts within the renovation and repair business who can provide quotes.

Should the inspector iden-

A home inspector can determine the tify significant issues with the property (typically costing more than a few thousand dollars to fix), buyers often have the right to renegotiate, or walk away from their offer to purchase. However, this conditional clause must be written into the offer.

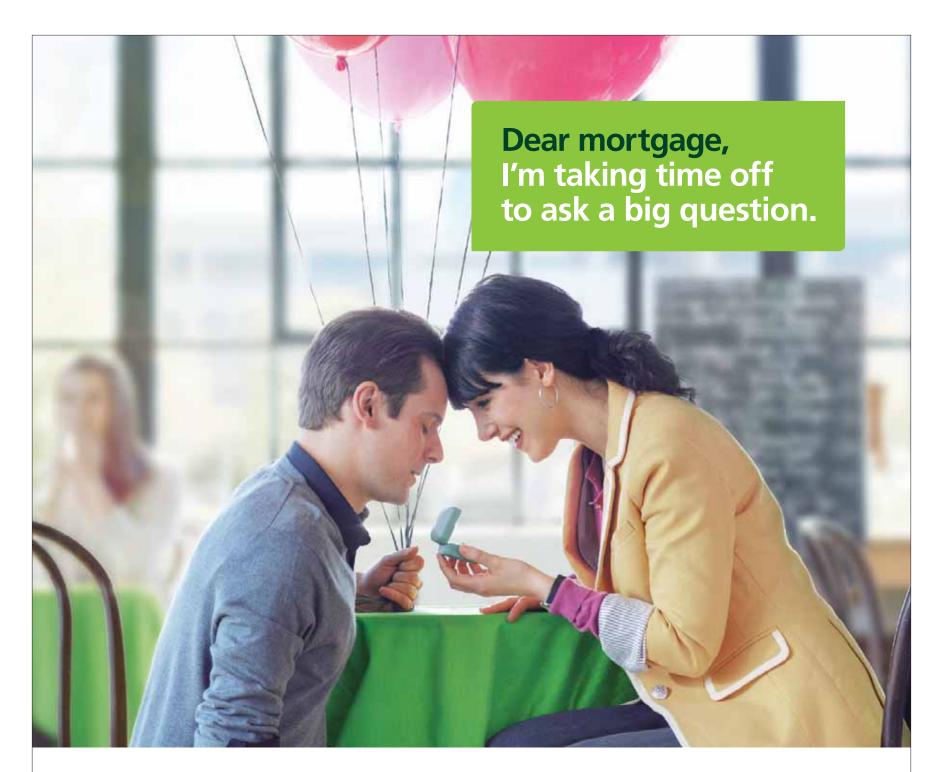
There isn't a national

standard for home inspectors. Rather, home inspectors are provincially regulated. So, wherever you live, check out your province's official website for qualified home inspectors.

You can find a home inspector through your realtor, referrals from friends and family or by looking up local inspectors through your province's official home inspection website. Once you have interviewed the inspector, check that your home inspector has the correct certification and qualifications.

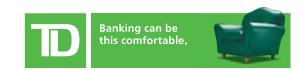
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The scene metronews.ca Monday, April 8, 2013

SGENER



Ford's pitch for civil rights

Baseball breakthrough.

Star doesn't know much about sports, but he has plenty to say about issues of equality



NED EHRBAR Metro World News in Hollywood

Before you ask, Harrison Ford doesn't want to talk about Star Wars. Or Indiana Jones or other franchises that he may or may not be taking part in again. "Ain't going there," he offers simply. And he's not much interested in the broader workings of Hollywood as an industry as far as why certain types of films have a better chance of getting made

than others. But social justice issues? He has plenty to say about those. That's a big reason why he took on the part of Brooklyn Dodgers general manager Branch Rickey, the man who brought Jackie Robinson on as the first African-American player in major league baseball.

You were a kid when the events in 42 happened.

I was born in 1942. I wasn't a big baseball fan, so I think it went largely unnoticed in our family. My parents were oldstyle Democrat liberals and they were very interested in social justice, but because we weren't so involved in baseball we didn't really so much notice, and I think they were very involved and vocal when it came to the civil rights

movement years later, but by then I had fled the nest. So I vaguely knew that something was happening, but I wasn't a sports fan, didn't follow sports.

Did you ever become a base-ball fan?

Nope, nope. You know, I learned what I needed to learn about the business of baseball, what was going on in baseball and who these characters were that were coming into my office as elements in the story. But that's the depth of my knowledge.

Do you see any parallels between Robinson's story and the current battle for marriage equality?

I think there's a metaphor you can reach for, according

to your own interests and your own understanding and your own issues. But trying to create the best expression of the ideals — the most equal society, the best-regulated society, the best-behaving society — depends on attending to equality and inequity whenever it rears its ugly head. Certainly the marriage issue conveniently falls into that category.

It's remarkable how quickly opinions on it have been changing over the last few years.

Yeah, things do change quickly at a tipping point, as it builds and it builds and it builds until there's a moment where the balance of opinion, the weight of experience and the understanding comes to a point where the scales tip in the other direction. We're getting there, You know, you would hope that it would have happened with less resistance. You would have hoped that everyone would get the point at the same time, but life's not like that.

You recently worked for a bit on Anchorman 2.

I went to Atlanta to do a cameo in Anchorman 2 — if you call that work. It felt like a goofy dream. It's a whole different ball of wax.

Is that character anything like the TV news man you played in Morning Glory?

Dangerously close, unless what I did to get distance between the two of them worked



The search for the real Charlotte Church

Music. You probably remember her as the classical music kid, but she's all grown up now

MEREDITH ENGEL

By age 21, Charlotte Church had dazzled everyone from the pope to the president, earning legions of fans with her angelic, operatic voice. But forever being known as a classical artist wasn't what she wanted for herself.

"It's a beautiful art form, but I just sort of found it limiting," says the Welsh singer songwriter, now 27,



who just debuted One & Two, two EPs that are her first U.S. releases in more than a decade.

"I just wanted to express (myself) in a different way and after a while, singing somebody else's music, I found it dull."

One & Two isn't Church's first crossover attempt, but it's the first one she truly believes in.

She calls an earlier pop

album of hers "a really s—album, a throwaway, commercial album," and says that it took so long for her to make a return to the States because

"I just never felt like it was right and I never felt like I had anything really good that I really wanted to push."

During her time out of the U.S. spotlight, she had two kids, hosted a sketch television show in the U.K. and was a victim of Britain's phone-hacking scandal. She calls the renewed

attention on her music, as opposed to her personal life, "incredibly liberating."

Church admits that reframing people's opinions of her and the type of music she performs "has been pretty challenging."

"It's sort of a good thing because I think that a lot of people have a lot of affection for me and my music when I was little. And, I don't know, especially over here because I've been famous for such a long time, you (become) some distant family member, or like a character in a long-run-

ning show," she says.

"So it's really sweet and I do often hear, 'Oh, you should go back to classical music' but I don't know, I

feel like I've sort of done that."

Church wrote and selfreleased One & Two on her own label, Alligator Wine.

The music's haunting gothic beat evokes the sounds of Radiohead, Bjork and LCD Soundsystem.

But Church says the heaviness of her new sound shouldn't be taken at face value.

"Even if you are in a happy relationship — and I've got two beautiful children — there are still certain times when life sucks," she says.

"We have a masterfully complex range of emotions, and I think even though a lot of the stuff on both EPs is kind of dark, the one thing that I sort of always aim for is ... some sound of hopefulness."

No strings attached

Just because Church is a singer with TV experience doesn't mean she's holding out hope for a spot at the famed X Factor judges' table.

"I'd rather poke my eye out with a sharp stick," she says. "I don't agree with shows like that. It's the wrong way to look for new talent and I also think it's terribly exploitative of young people ... Everybody has an opinion and you have to be strong — and I don't think that everybody is. It's also just a weird thing to go through, to get your success via that. And all the sort of heartfelt stories that you have on everybody, it's just — you can just see the strings, you know what I

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Revenge of the nerds and their pocketbooks

MICHELLE CASTILLO

Game of Thrones may not be HBO's most popular show, but some might argue that it's the cable network's top show at the moment. The fantasy adventure about the men and women of the Seven Kingdoms and their quest for power has united both nerdy readers and pop culture enthusiasts alike.

"It has proven to every

media outlet that 'geeks' are people too, with populations, committed interests, deep passions and pocket books to match the rest of the world's television consumers," Vince Gerardis, co-executive producer for Game of Thrones, told Metro.

Director David Petrarca argued at a writers festival in Perth, Australia that while the show was the most pirated show of 2012, the fact that most of the viewers were watching the show illegally

didn't matter even if it took away from traditional revenue streams. What really counted was the "cultural buzz" and the social conversation that the show was able to inspire.

"Without the show, I think the pop culture impact of GoT (Game of Thrones) is marginal at best," Eric Regan, creator of the GameofThrones.tv fan site, told Metro.

Regan is amazed how the HBO show is able to make its way in the fabric of everyday life, with fan sites like Regan's and Pinterest boards dedicated to making costumes and cooking meals. The series has even inspired its own blond ale. Regan was pleasantly surprised when Valyrian steel was referenced during an ESPN broadcast of an NCAA football game.

"Unfortunately, there is this stigma that's associated with reading a fantasy or scifi novel," he explained.

The production value put into telling such a grand

story, the cooperation between author George R.R. Martin (who is still writing the series) and the show's show runners David Benioff and D.B. Weiss to optimize the story, and the meticulous care put into making sure the details are right won't be seen in another series any time soon.

"I think there will be very few attempts to match what HBO has done," Gerardis admitted. "I think that the mould has been broken."



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Selena is so over Bieber, Lady Gaga is so over her old wheelchair



Malene Arpe scene@metronews.c

Lady Gaga switches her post-operation 24-carat gold wheelchair for a Louis Vuitton wheelchair. In unrelated news I just switched my moderate queasiness to full-blown nausea.

Robert Pattinson and Kristen Stewart reportedly spent the Easter holidays together. They enjoyed ham, chocolate, clumsy hugs and awkward silences.

Selena Gomez says she isn't looking for a boy-friend after breaking up with Justin Bieber. Understandable. After dating a no-shirt-wearing, neighbouraggravating, drop-crotch-pants-loving, too-many-carsowning, non-stop-partying, and compulsively-instagramming-monkey fancier it would be difficult to settle

This week Lindsay Lohan allegedly took home a whole bunch of stuff from the Anger Management set and she was photographed hiding under a table on a dirty floor in a Brazilian night club. Even Justin Bieber is concerned.

Madonna's alcoholic brother, who lives under a bridge, says Madonna doesn't "give a bleep if he's dead or alive". Says a rep for Madonna: "That's not true at all. Once upon a time Madonna and two billy goats came upon her brother's bridge and tried to pass and it became this whole thing. Not her fault at all."

Amanda Seyfried is mistaken for Lindsay Lohan at an airport. That explains Amanda's emergency face tattoo and sex change surgery.

Dido says son Stanley wasn't named after Stan, her famous collaboration with Eminem. She does however admit that her tea's gone cold on several occasions.

HBO's Game of Thrones is renewed for a fourth season. The House of Duh is not surprised.



Halle Berry expecting baby boy

Halle Berry is pregnant, her rep tells Us Weekly. "We can confirm that Halle Berry and Olivier Martinez are expecting a child," the rep says. Sources tell TMZ that the bundle of joy will be a boy, providing a baby half-brother to five-year-old Nahla, Berry's daughter with ex-boyfriend Gabriel Aubry.

Berry and Martinez, who met while filming Dark Tide, have been engaged for a little more than a year.



Hey Amanda, is this photo OK?

Amanda Bynes has a bone to pick with members of the press who are reporting on her wild and unpredictable antics on Twitter: They're not using the right photos. "They write a news article about every tweet I write, and I hate the picture they choose. They repeat what I tweet then add a bad photo," Bynes posted to her Twitter account, asking that the press "only use photos from my Twitter when writing an article about me." And she has a punishment lined up for outlets that don't adhere to her rules. "I'm putting a photo up of everyone writing articles about me from now on," she wrote. "I ask you to choose photos from my Twitter so I'll do the

Secret to parenting equality? Saving time

New book. Metro's family columnist weighs in on Facebook chief operating officer's new book



IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

Chief operating officer of Facebook, Sheryl Sandberg, is encouraging women to "Lean In" to their careers, with her book of the same name. Essentially, she is tackling the age-old dilemma of how women should compete in a "man's world."

She argues that unless women approach a relentless pursuit of success at the office, we will never be able to achieve equality at home, both in terms of domestic responsibilities and raising the kids. According to Sandberg, one day the sight of watching a man do laundry will be "sexy."

While I'm not sure about that — productive, useful and obvious come to mind far before the word sexy does — I do agree that we need to find ways to be more efficient at home to get some equal footing.

In fact, as I wrote about in my new book I Am So The Boss Of You: An 8 Step Guide To Giving Your Family The Business I concur that applying a more structured approach to the home is one way to get some



control into the "wild ride" of parenting. And part of that structure has to include an equalization of domestic duties. But ultimately I don't think that moms will have achieved equality with dads until we can save time like they do.

Only a dad can throw out kids' artwork without attempting to a) hide it under all the recycling first or b) photographing and scrapbooking parts of it first or c) feeling guilty about it for a week. Not so for us moms.

Dads can call a slopped

together meal Cowboy Casserole and get the kids to eat it without them once questioning the origin or the pedigree of the ingredients. I usually have to prove to them why my cooking isn't bad.

And how about the amount of time moms spend on making sure that we dress ourselves appropriately? Just consider how easy life would be at home if we didn't mind throwing on socks and sandals while proudly parading around in corporate logoed golf-shirts. Think of the accumulated minutes we could

save just by not tucking in a shirt on the weekends.

But that's not all. Until we can liberate ourselves from the brain space required to know the last time the seven-year-old had a shower, the 10-year-old went to the dentist or the 14-year-old cracked open a textbook, most moms will still be more worried about falling over (with exhaustion), than leaning in.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.
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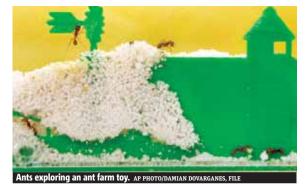
From picnic crashers to pets

What does it take to elevate the common ant from picnic pest to household pet?

To thousands of children and many adults, the answer is a bit of soil and a see-through enclosure that, in these modern times, can be made from an extra CD case or bought tricked out with projection lights.

Ant farms, the narrow glass or plastic containers filled with soil that mimic ant colonies, have been popular among generations of children, and marketers say they remain indemand even in the age of computers and video games.

Uncle Milton Industries, a Los-Angeles-based company



that has been in business for six decades, has sold more than 20 million ant farms. Company founder Milton Levine and his brother-in-law invented the ant farm nearly 60 years ago. "As the world gets more complex, some of these classic toys become more popular," said Ken Malouf, vice-president of marketing and product management.

Ant farms can be an easy way to help nurture a child's interest in insects, since they can be homemade or purchased.

The idea is to help kids discover nature and its critters in the hope it will make them curious about the world around them, Malouf said.

He doesn't recommend toying too much with the ant farm, or leaving it in places where it can be knocked over. THE ASSOCIATED PRESS

Exclusively online

Family-friendly brunch: where the restaurant is overrun with screaming children. Follow the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.

New mom memoirs

Everything is Perfect When You're a Liar

Kelly Oxford is one of Twitter's favourite personalities. Go behind the scenes of her family life in her new collection of essays, out now.

Baby Steps: Having the Child I Always Wanted (Just Not As I Expected)

Actress Elisabeth Röhm details her struggles with infertility while trying to remain in the Hollywood scene.

Moms Who Drink and Swear: True Tales of Loving My Kids While Losing My Mind

Nicole Knepper chronicles the utter lunacy that comes with being a parent, with glass in hand.

Bloom: Finding Beauty in the Unexpected

When the state of the state of



metr⊕ metronews.ca Monday, April 8, 2013

You've boiled and fried it, so why not bake it as well?

KAREN HUMPHREY

As a child, baked rice was one of my favourite side dishes.

Back in the '70s, packets of pre-seasoned rice mixes weren't nearly as popular as they are today, and many foods were made from scratch instead. Forget about the excessive amounts of salt and dried out veggies in the packaged mixes, this version gives you loads of healthy veggies and real food ingredients.

1. Pre-heat oven to 350 F.

- 2. In an oven proof Dutch oven over medium heat, melt about 1 tbsp butter. Add the onions, celery, garlic and chili, and sauté until softened, about 5 minutes. Stir in the carrot and continue to sauté another 2
- **3.** Add the rice to the pot,



stirring and cooking about a minute before pouring in the chicken broth and zest over top. Bring to a boil before covering with lid and putting pot in the oven to bake 40 minutes. **4.** Remove pot from oven, then stir in the frozen peas, parsley, thyme and almonds. Put the lid back on the pot and allow it to sit for a few minutes. The heat from the rice will thaw the peas

Ingredients

- 1 tbsp butter 1/2 cup onion, chopped
- 1/2 stalk celery, chopped
- 1 garlic clove, minced
- 1 thai chili, seeded and minced finely (optional)
- 1/2 carrot, peeled and chopped finely
- 3/4 cup long grain white rice • 1 1/2 cup chicken broth
- . 1 lemon, zested
- 1/3 cup frozen peas
- 2 tbsp chopped fresh Italian
- 2 tsp chopped fresh thyme
- handful of chopped almonds
 salt and pepper to taste

and warm them through, and the cold peas will cool the dish a little. Season with salt and реррег. чиммумиммусцив.са із ам ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Healthy eating

Choose it and lose it



Everyone's favourite fast food chain offers a multitude of options. However, take into account the calories, fat and sodium of popular items to make a better choice.



McDonald's Angus Deluxe

780 calories / 47 g fat / 1,660 mg sodium

Angus beef is fattier than regular burger meat. The premium bun is 240 calories and 540 mg of sodium.

Equivalent

A McDonald's Angus Deluxe is equal in calories to a 13 oz (369 g) New York strip loin steak.





McDonald's Big Mac

540 calories / 29 g fat / 1,020 mg sodium

The Big Mac is a better choice with close to a third less calories, fat and sodium.





metronews.ca Monday, April 8, 2013 WORK/EDUCATION 19

Work in bursts to boost productivity

Q & A. Metro talks to consultant about how to get the most out of every work day

DOUGLAS SMITH

Metro World News in New York

Some days, you feel like you got nothing done at work. It's not uncommon. The email inbox grows, instant messages pop up and colleagues interrupt your workflow. Productivity consultant and author of The Accomplishing More With Less Workbook Pierre Khawand says. "When we are working a few minutes here and a few minutes there, we are staying at the superficial level and not getting deep into anything." Here are his strategies for digging in deeper to get more work done.

How can people reach their level of optimal productivity?

The first element has to do



with how results change with time when we are working on a task. When we start to work on the task, we get results. But at some point, the results level off and then diminish, because either we get mentally tired and are no longer productive, or we need someone else to do their part before we can continue. This is all good in theory, but what happens in reality is that a few minutes after we start to work on a task, we get interrupted. When we get interrupted, our results go down to zero — this happens again and again and again. It's part of life in today's work environment.

Burst out:

Working in bursts manages tasks, interruptions and energy. It makes you feel invigorated and accomplished as a result.

- Alternate between focus, collaboration and play.
- Be intensely and wholeheartedly in each burst. That's what the "burst" label is for — to maximize output.
- Each burst should build toward and enhance the next burst.

So how do we stay on task?

A key element is starting the day by identifying what we intend to accomplish that day and ending the day with a reconciliation process. That ensures that we close the loops on open issues. Instead of starting the day with email, we should stop for a minute or two to reflect on what is important and

what we want to accomplish. Then, put it in writing.

The idea is that we need to stay focused long enough so that we can achieve indepth thinking, creative problem solving and get meaningful things done.

Depending on the task, it can be 15 minutes, 30 minutes or several hours. Once we have accomplished something meaningful, it is time to stop our "focused" session, and switch to being collaborative — handle email, phone calls, have live discussions. This is the collaborative work where we get the most of our team productivity and equally important results.

After the collaborative session, it is time to take a break — do something that gets us re-energized and ready for the next focused session. No significant productivity gains, and therefore no significant accomplishments, can be achieved if we don't optimize our workflow by recognizing the concepts described above: focus, collaborate, then play!

Starting out life on a high note

The Gene rule.

Musical training can help compose a confident youngster, says Simmons

Kiss frontman Gene Simmons made a surprise appearance at a Sioux Falls benefit concert Saturday, where he spoke of music's power to positively shape children's lives.

Simmons's appearance came on the final day of a week of concerts to benefit the music academy for Sioux Falls Boys & Girls Clubs members.

"This is about kids. We've had our chance. We've got to give them a chance. Anything that gets them off the street is a good thing," Simmons said.

Music, Simmons said, is self-empowering.

"It doesn't matter if you become a star. If you don't believe in yourself and get



"You can feel the power ... and it helps you get through life, especially when you're impressionable."

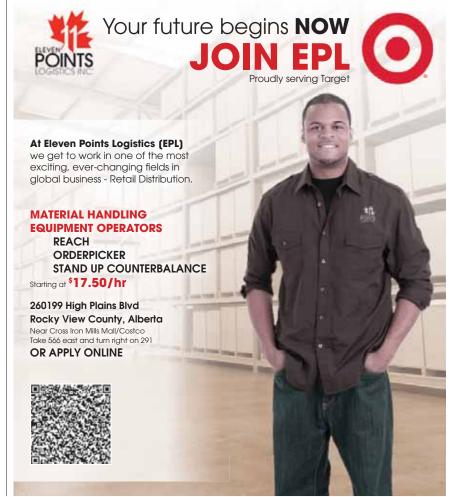
Gene Simmons on performing music live

Motley Crue singer Vince Neil was also at Saturday's show, and he, too, expounded on the positive benefits of music.

"Say you finish your first song, it could be Mary Had a Little Lamb, it doesn't matter, but at least it's something you've played," Neil said. "And I think for kids, they could go into a whole other direction because they accomplished something."

Neil said he was 10 when he first started taking guitar lessons.

"I was terrible," he said laughing. "That's why I'm not a guitarist. I went into the other direction."





up on stage, everybody is watching. You can feel the power ... and it helps you get

through life, especially when

in music — whether it's learning to play an instru-

ment or sing karaoke — improves social skills, too.

He said getting involved

you're impressionable."

metr⊕ **WORK/EDUCATION**

Benefits just as important as bucks

Pennies vs. protection

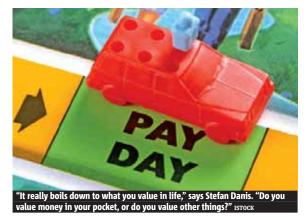
It's not all about the number that shows up on your paycheque

VAN BUUREN

OK, how much you make matters - it dictates where you live, where you shop, whether or not you can afford a holiday this year, or a new car. But pay attention to the benefits package the new job is offering, because benefits can be as good as money in the bank.

Salary can be one of about a dozen components of a job offer, and those components, ranging from financial incentives to holiday time, are all considered benefits in today's workplace, according to Stefan Danis, CEO of Mandrake and NEXCareer.

"Benefits are in many ways far more important than salary because of the sheer number that can be on the table," says Danis. "And in effect, they do equal real dollars.'



Companies are increasingly looking at their workforce as individuals, as opposed to groups, and providing as much customization of benefits as possible. "One person's needs are different from another's. One might need an optometrist, another might need a den-

tist," says Danis.
"I recommend that when people negotiate a job offer, they have a written map of what they need and what they want in terms of money and benefits. If the employer can meet or exceed the need,

Here is a checklist of different benefits to weigh against the salary being offered.

Find out exactly how your bonus is measured and ensure you can deliver. If it's a bonus that will be earned over both a short and long term, one strategy is to negotiate a lower amount in the short term but substantially more later, says

RRSP contributions and pen-

Retirement income plans used to be the hallmark of benefits but they're not so much anymore, says Danis. Be sure to read the fine print if they are.

Performance appraisal

"Many organizations will review your salary 18 months after joining ... try to accelerate the review," says Danis.

Technology

Does the company supply equipment such as cellphones, iPads, tablets and laptops?

Transportation

Depending on the job, travel allowance, parking and car allowance can be important.

Holiday time can be a deal breaker, says Danis. "People will fight harder against having to take less holiday time than less money." If a person has three weeks where they are now, they'll want three weeks

"Benefits are in many wavs far more important than salary because of the sheer number that can be on the table. And in effect, they do equal real dollars."

Stefan Danis CEO of Mandrake and NEXCareer

where they're going.

Life stage plays into medical benefits. For example, if you have young children and your spouse is self employed, it probably means you need medical and dental benefits and cover-

Childcare

Having daycare on site or working close to where you reside is important when you have children. Another "benefit" would be the flexibility to leave work early to pick up your kids given the penalties for being

Flex-time/telecommuting

For some people, working from home once a week or doing work when you want to versus nine to five, is important.

Distance learning/education

Some people are interested in conference attendance fees negotiating this upfront means you won't have to beg to go.

Ergonomics

Some people negotiate ergo-nomic chairs because the wrong chair causes back prob-

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Take eBay all the way

Budding bid-ness.

A self-employment strategy that's as easy as a click and a sale

BRUCE WALSH

In 2008 Dave Stewart was laid off from his maintenance tech position at a Pennsylvania nursing home. The news came as a shock and, as a result, he decided to take his career in a radically different direction.

Stewart is now one of a select few Americans that make their living through eBay. (The company claims 1.3 million sellers worldwide, but experts believe the number of individual, primary-income eBayers to be much smaller.)

"I no longer wanted to be dependent on someone else providing me with paycheques, because I saw that you couldn't rely on it as much as I did," says Stewart, from his home in Bucks County, Pa. "I wanted to be self-employed, but wasn't quite sure how to get there."

Inspiration struck, along with a bit of luck. He discovered a stockpile of obsolete car parts in his grandfather's



cavernous garage. While his family was skeptical, Stewart was convinced there was a market for outdated parts.

"It started out as an experiment — just a few parts on the (eBay) page. They really sold fast, and I had an inkling I was on to something," says Stewart "Pretty soon, I had an eBay store, and I couldn't keep up with the orders."

Stewart's success wasn't based on luck alone. He operates his business with the systematic, detailed approach you'd expect in a much larger

operation. Every one of the 1,600 items in his eBay store is researched thoroughly and displayed with precise photos and descriptions. These days, car parts represent less than half of the items in his store.

"To be successful on eBay, you have to be a salesman. It's like other sales jobs, if you're good at it, you can make a living — but only if you're good," says Stewart. "It's all about keeping people's interest with new merchandise. You can't just let it sit there and expect to make something."

metronews.ca Monday, April 8, 2013

Davis Cup

Raonic lifts Canada to semis

Milos Raonic helped take Canada where it's never gone before at the Davis Cup.

Raonic defeated Andreas Seppi 6-4, 6-4, 3-6, 7-5 on Sunday and Canada advanced to the World Group semifinals for the first time by defeating Italy 3-1 in their quarter-final tie.

Canada will next face Serbia in the World Group semis in September.

Serbia, which features the world's top player, Novak Djokovic, wrapped up its quarter-final tie with the U.S. Sunday when Djokovic defeated Sam Querrey 7-5, 6-7 (4), 6-1, 6-0.

THE CANADIAN PRESS

Curling

Canada falls short of Sweden in gold-medal draw

Canada's world men's curling championship reign has ended after three years.

Brad Jacobs's Northern Ontario rink fell 8-6 to Sweden's Niklas Edin on Sunday in the gold-medal game.

Edin locked up the win in the eighth end as he stole to points to go up 8-4. After Jacobs pulled within two in the ninth, the Swede was able to run the Canadians out of rocks in the 10th.

Sweden led throughout the game after going up 2-0 early. Jacobs's Sault Ste.

Jacobs's Sault Ste.
Marie, Ont., rink had
hoped to complete a
fourth-place to first-place
run after entering the playoff round with two straight
losses. THE CANADIAN PRESS



Canucks defenceman Dan Hambuis scores on Flames goalie Miikka Kiprusoff as Dennis Wideman defends on Saturday night in Vancouver, DARBYL DYCK/THE CANADIAN PRESS

Flames left fighting for self respect

NHL. After 8-2 loss to Oilers last Wednesday, Calgary has upped the effort, but wins still proving elusive

An embarrassing loss to the rival Edmonton Oilers was a wake-up call to the reeling Calgary Flames.

Since a lopsided 8-2 defeat to Edmonton on Wednesday, Calgary fought hard in a 2-1 decision to the San Jose Sharks on Friday before outshooting the Vancouver Canucks 38-22 on Saturday, despite losing its fifth straight.

The final score of 5-2 may have been flattering for the Canucks as the Flames (13-20-4) enjoyed plenty of puck possession. Unfortunately for Calgary, Vancouver goalie Cory Schneider was superb.

"Definitely after the Edmonton game at home, we just aired some things out and said what was on everybody's mind," said right-winger Lee Stempniak. "I think that game against Edmonton was one of the most embarrassing games I've been a part of as a

"I think no matter what the situations, we've got to play hard."

Quote

"I think leadership is more of an on-the-ice thing."

Flames blue-liner Mark Giordano on the leadership void left after captain Jarome Iginla's trade to Pittsburgh

The Flames still have lots of fight in them, despite sitting second-last in the West.

"No one's going to feel sorry for us and everyone's got something to prove," said Stempniak. "Whether you're playing for your next contract or trying to establish yourself in the league or get a bigger opportunity for next year, everyone's got eyes on them

and everyone's got to play harder and play better and really take advantage of the opportunity."

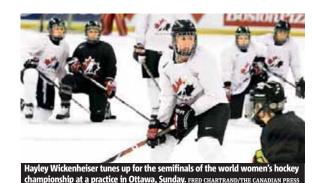
Although defenceman Mark Giordano was pleased with the effort on Saturday, he held himself accountable for some of Vancouver's goals.

"I made a few bad reads and it cost us goals tonight," said Giordano. "And I know a few of the other (goals) were from mistakes, but we generated a lot tonight.

"We played hard, the effort was in no question tonight, we played hard, we just (need to make) better decisions, and that includes me."

THE CANADIAN PRESS

Wickenheiser expects to play through injury



Hayley Wickenheiser intends to play the rest of the world women's hockey championship even though she's in pain.

Canada's captain and alltime leading scorer skated with the team Sunday for the first time since injuring her back during the tournamentopener Tuesday against the United States.

"There's really no risk of further injury," Wickenheiser said following practice. "They've done what they can do to minimize the pain. It's just a matter of being able to play through the pain and I think I can do that. I can't really do any more damage to it.

"I feel like I'm going to be able to finish out the tournament."

Canada faces Russia and the United States takes on Finland in Monday's semifinals with the winners advancing to Tuesday's championship game.

Wickenheiser skated off the ice and walked to the dressing room in the second period when Canada was trailing the Americans 2-0. She did not return to the game. The hosts rallied to win 3-2 in a shootout

Wickenheiser, 34, was scratched from a 13-0 win over Switzerland and an 8-0 victory against Finland in the preliminary round. During her absence from the lineup, assistant captain Jayna Hefford joined Wickenheiser as Canada's all-time leaders in games played at 248.

THE CANADIAN PRESS

metronews.ca Monday, April 8, 2013 metr⊕ **SPORTS**

Socked! Blue Jays' Dickey decimated by Boston batters

MLB. Former manager John Farrell gets last laugh, leaving Toronto with series win after blowout finale

He's 0-2 with a lofty 8.44 earnedrun average and opponents are hitting .326 against him. But R.A. Dickey feels he's very close to the form that made him a 2012 Cy Young Award winner.

Will Middlebrooks homered three times and doubled as the Boston Red Sox hit knuckleballer Dickey hard early en route to a lopsided 13-0 win in Toronto on Sunday afternoon.

"I think you try to draw from some of the past experiences and know that a day like



today is the anomaly, not the norm," Dickey said. "I've traditionally gotten off to pretty slow starts in the past. I'm not sure why, that's just the way it has been.

"I'm looking forward to the rest of the month. I know I'm close and so if I can just kind of sit in that, that I'm almost there, I think it will be all

Fortunately for Dickey, he doesn't have far to look. In April 2012, Dickey surrendered eight earned runs over 4 1/3 innings in a 14-6 loss to Atlanta, his worst performance as a New York Met, and still posted a 20-6 record last season.

"Atlanta last year was maybe a tad worse than this one," Dickey said. "You have to understand with 33 starts you have a handful you just have to throw out and hopefully the majority of them end up the way you want."

THE CANADIAN PRESS



Melo makes it 12 in a row

New York Knicks forward Carmelo Anthony dunks between Thunder forwards Nick Collison, left, and Kevin Durant in the second quarter of their game in Oklahoma City, Sunday. The Knicks won 125-120 for their 12th-straight win. sue ogrocki/the associated press

Winter Classic

Leafs, Wings get another chance to play outdoors

The NHL's Winter Classic is getting a do-over.

The Toronto Maple Leafs will get a chance to play the Detroit Red Wings in the outdoor game at Michigan Stadium on Jan. 1, 2014, a year after it was originally scheduled.

The Ann Arbor, Mich., stadium — nicknamed "The Big House" — holds just over 107,000 fans, so it's anticipated the game will mark a world record for hockey attendance.

"The history of the teams' cross-border rivalry, the nobility of The Big House, and the growing tradition of the NHL Winter Classic will raise the anticipation for this event to new heights," commissioner Gary Bettman said in a statement. "We are delighted to offer our fans a spectacle at which the energy will be unmatched and the demand for tickets will be unprecedented."

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NBA **EASTERN CONFERENCE L** 16 z-Miami 10 12¹/₂ .658 .623 .579 x-New York y-Indiana 26 29 32 34 36 37 x-Brooklyn 16 18 42 42 40 x-Chicago x-Atlanta .538 x-Boston x-Milwauke Philadelphia .408 .377 Toronto 29 48 311/2 29 48 26 52 24 52 .377 .333 .316 31¹/₂ 35 36 42 Washington Detroit Cleveland Orlando 59 59 Charlotte WESTERN CONFERENCE W L 57 20 56 21 53 24 x-San Antonio .740 .727 x-Oklahoma City x-Denver 688 y-L.A. Clippers x-Memphis .662 .675 .571 .558 .526 25 33 34 37 Golden State Houston L.A. Lakers .494 19 .429 24 .382 27¹/₂ Portland Minnesota 27 50 27 50 New Orleans Sacramento .351

Phoenix 23 54 .299 3-x — clinched playoff berth; z — clinched conference. SUNDAY'S RESULTS

New York 125 Oklahoma City 120 L.A. Clippers 109 L.A. Lakers 95 Boston 107 Washington 96 Cleveland 91 Orlando 85 Memphis 89 Sacramento 87 Detroit 99 Chicago 85 Utah 97 Golden State 90 Dallas 96 Portland 91

New Orleans 95 Phoenix 92 SATURDAY'S RESULTS

Washington 104, Indiana 85 Brooklyn 105, Charlotte 96 Miami 106, Philadelphia 87 Minnesota 107, Detroit 101 Milwaukee 100, Toronto 83 Denver 132, Houston 114

NHL **EASTERN CONFERENCE**

E/IOTEINIT COTTI ENERTCE											
		GP	W	L	0TL	SL	. GF	GA	Pt		
	d-Pittsburgh	39	29	10	0	0	127	95	58		
	d-Montreal	38	25	8	3	2	120	91	55		
	d-Washington	39	20	17	2	0	117	110	42		
	Boston	37	24	9	2	2	102	79	52		
	Toronto	38	21	13	0	4	117	106	46		
	Ottawa	38	19	13	2	4	94	85	44		
	NY Rangers	38	19	15	0	4	93	90	42		
	NY Islanders	39	19	16	3	1	113	119	42		
	New Jersey	39	15	14	3	7	92	106	40		
	Winnipeg	40	19	19	0	2	98	120	40		
	Buffalo	39	16	17	2	4	105	118	38		
	Philadelphia	38	17	18	1	2	106	118	37		
	Carolina	37	16	19	1	1	97	115	34		
	Tampa Bay	38	16	20	0	2	121	114	34		
	Florida	39	13	20	5	1	96	132	32		

WESTERN CONFERENCE

WEST LINIT CONTI LINEITCE											
	GP	W	L	0TL	SL	GF	GA	Pt			
d-Chicago	38	29	5	0	4	128	83	62			
d-Anaheim	39	26	8	2	3	121	98	57			
d-Vancouver	38	21	11	1	5	103	95	48			
Los Angeles	39	22	13	1	3	114	96	48			
San Jose	38	20	11	3	4	98	94	47			
Minnesota	38	22	14	1	1	103	97	46			
St. Louis	37	21	14	1	1	106	98	44			
Detroit	39	19	15	3	2	99	101	43			
Phoenix	38	17	15	2	4	105	104	40			
Dallas	38	18	17	2	1	104	117	39			
Edmonton	38	16	15	4	3	100	106	39			
Columbus	39	16	16	3	4	91	104	39			
Nashville	40	15	17	2	6	96	109	38			
Calgary	37	13	20	1	3	99	133	30			
Colorado	38	12	21	4	1	89	121	29			

SUNDAY'S RESULTS

St. Louis 1 Detroit 0 Dallas 5 San Jose 4 (SO) Florida 2 Ottawa 1 Minnesota 3 Columbus 0 Washington 4 Tampa Bay 2 Chicago 5 Nashville 3 Buffalo 3 New Jersey 2 (SO) Anaheim 4 Los Angeles 3 (SO)

SATURDAY'S RESULTS

Winnipeg 4 Philadelphia 1 Chicago 1 Nashville 0 Los Angeles 4 Edmonton 1 NY Islanders 4 Tampa Bay 2 Toronto 2 New Jersey 1 NY Rangers 4 Carolina 1 Montreal 2 Boston 1 Washington 4 Florida 3 Phoenix 4 Colorado 0 Vancouver 5 Calgary 2

MLB **AMERICAN LEAGUE**

EAST DIVISION Pct .667 .500 .500 .333 .333 Boston Baltimore Tampa Bay CENTRAL DIVISION Pct .667 .667 .500 .500 GB -1 1 Chicago Minnesota Cleveland Detroit Kansas City WEST DIVISION

L Pct 2 .714 2 .667 4 .429 4 .333 5 .167 Oakland Texas Seattle Los Angeles Houston

SUNDAY'S RESULTS

N.Y. Yankees 7 Detroit 0 Boston 13 Toronto 0 Minnesota 4 Baltimore 3 Cleveland 13 Tampa Bay 0 Chicago White Sox 4 Seattle 3 (10) Oakland 9 Houston 3

Texas 7 L.A. Angels 3
MONDAY'S GAMES — All Times Eastern Baltimore (Chen 0-0) at Boston (Buchholz

1-0), 2:05 p.m. N.Y. Yankees (Kuroda 0-1) at Cleveland (Jimenez 0-0), 4:05 p.m. Minnesota (Correia 0-0) at Kansas City (Santana 0-1), 4:10 p.m. Tampa Bay (Hellickson 0-0) at Texas (Ogando 1-0), 8:05 p.m. Houston (Humber 0-1) at Seattle (Saunders 0-1). 10·10 n m

NATIONAL LEAGUE

SUNDAY'S RESULTS Cincinnati 6 Washington 3

N.Y. Mets 4 Miami 3 Kansas City 9 Philadelphia 8 Atlanta 5 Chicago Cubs 1 Arizona 8 Milwaukee 7 (11) L.A. Dodgers 6 Pittsburgh 2 St. Louis 14 San Francisco 3

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Horoscopes

↑ Aries

March 21 - April 20

Let fate be your guide. The approaching new moon means you have nothing to fear and everything to look forward to, so stop worrying and expect good things to happen.

Taurus April 21 - May 21

You must listen to your inner voice more over the next few days. It wants to tell you something you need to know, something that will make your life more exciting and enjoyable.

II Gemini May 22 - June 21

An idea you had a while back, which you then forgot, will pop back into your head today, and this time you must not let it slip away.

Gancer June 22 - July 23

It may seem as if a friend or work colleague has deceived you in some way but more likely you are getting angry for no good reason.

Ω Leo July 24 - Aug. 23

This week's new moon means you can expect life to take a turn for the better. Not that it's too bad at the moment but you have been worrying a lot about certain issues. Forget them, they really don't matter.

M Virgo Aug. 24 - Sept. 23

Your vibrant personality draws people to you. Everyone wants to be your friend. If you are free and single this is an excellent time for new romance. If you are attached, spice up your love life.

△ Libra

Sept. 24 - Oct. 23

You want to believe that a certain person is trustworthy but something about their attitude makes you wonder if that is wise. Listen to your instincts - they rarely let you

M Scorpio

Oct. 24 - Nov. 22

A creative idea could make you a fortune, IF you have the courage to follow it through to completion. Don't let everyone know about it though.

Sagittarius Nov. 23 - Dec. 21

Life is good and will get even better. The approaching new moon suggests it's time to step up a gear and make sure the world knows who you are and what you can do.

6 Capricorn

Dec. 22 - Jan. 20 Whatever it is you are

working on will bring huge success. Friends and rivals will be amazed at how quickly and easily you turn a good idea into a concrete reality.

Jan. 21 - Feb. 19

Social activities of all sorts will bring you a great deal of joy over the next few days. Don't sit at home staring at the same four walls, get out there and have fun.

H Pisces Feb. 20 - March 20

A number of things in your life may look the wrong way up at the moment but before this week is over everything will make perfect sense. Just wait, watch and listen between now and Wednesday. sally brompton

Crossword: Canada Across and Down

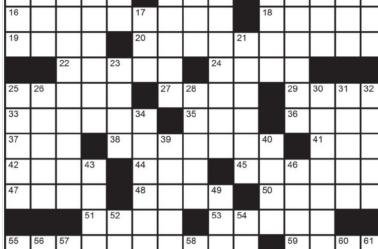
Across

- Cline
- 6. Nero's 1101
- Hawaii" (Satellitebeamed special of
- 15. What place? 16. They're frequently applied on "Dancing
- wds. 18. Luau dances
- 19. Selected
- 27. Ms. Yothers of "Family Ties"
- 29. Bible mountain
- 36. Mil. unit
- 37.Oz musical, with The
- 38. Opera great Mr. Pavarotti
- 42. Succulent plant
- 45. The __ Family (Family of Canadian
- 48. Halts
- 50. Uses a sieve
- 51. Bereft, in poetry

- 1. Country legend Ms.
- 9. Not us
- 13. "Elvis: from 1973)
- 14. Geological period
- with the Stars": 2
- 20. St. Francis Xavier University's locale in
- Nova Scotia 22. Rain clouds
- 24. Alum
- 25. Canadian performers' union
- 33. Sandbanks
- 35. X-III=?

- 41. Scheming
- 44. Bakery offering
- hockey players)
- 47. __sign

13



63

66

69

15

- 53. TV clicker, when used to decrease volume
- 55. Conrad Black, formerly: 2 wds.
- 59. Prima donna
- 62. Be a being 63. Canadian voicer
- 68. Baffin, et al. 69. "The Simpsons"

character Mr. Flanders 70. Subtractin' opposite

64

67

70

Down

- 1. Yore
- 2. Dog food brand
- 3. Two headline-grabbing Giant Pandas will call it home for the next five years:
- 2 wds. 4. Christina Aguilera's replacement on "The Voice'

- 5. "Whoopee!"
- 6. Be sincere: 2 wds. 7. Abbr. indicating
- there's another page 8. Badge
- 9. Bay, Ontario
- 10. Prefix to 'copter'
- 11. Epochs
- 12. Interlock
- 15. "Slow down!"
- 17. Key above Caps Lock
- 21. Millet, and others
- 23. West Edmonton
- 25. Nile River dam 26. South American
- country 28. Covered-in-
- foliage buildings 30. Dearest pal: 2
- wds. 31. Shoelace tip
- 32. __. __. (Astr. length units)
- 34. Brilliant 39. Raisin toast spice
- 40. Boot
- 43. Signs up 46. Like psychedelic-
- style T-shirts
- 49. Montreal spe-
- cialty, meat
- 52. Pledge
- 54. 'Trib' ending
- 55. __-spa 56. Former flames
- 57. Radio tuner
- 58. Ascend 60. True: French
- 61. 'A' of NBA, for short
- 64. UFC sport

Friday's Crossword

65

68

_										8						
ì	R	² E	3 N	⁴ A		⁵ P	6 R	70	⁸ J		9R	10 A	11 _M	¹² S		
	13 _O	Р	Е	D		14 R	0	Т	Е		15 E	М	1	L	16Y	
	17D	1	Е	М		18 E	W	0	K		"c	Е	L	-1	Е	
	²⁰ S	С	R	1	²¹ P	Т	S		²² Y	23 E	Α		²⁴ O	M	S	
				NE	E	Z		26 P	L	Α	N		27 \$	E	1	
	28 S	²⁹ B	®Ε		³¹ R	Е	³² S	0	L	U	Т	33 E				
	S4 M	Α	R	SSO	U	L	1	S			38S	М	37 O	38 L	39 _T	
	ψÛ	R	G	E		41S	Т	1	⁴² N	⁴³ K		114	L	1	Α	
	⁴⁵ G	R	0	U	46 P			47 _T	0	A	48S	Т	Ε	R	S	
				*F	L	FO A	⁵¹ H	Е	R	Т	Y		⁶² O	Α	K	
	53 _A	⁵⁴ B	S S		⁵⁶ U	S	E	D		H	М	50S				
	59 L	0	Т		M ₀₉	E	Α		61 A	L	S	Α	62 _T	63	64 A	
	ES F	0	R	Ű	М		67L	183	М	E		EST	0	Т	R	
	70A	М	U	S	Е		71E	R	-	Е		72 E	Е	R	0	
		73 S	Т	Α	R		74 Y	Α	R	N		75 M	Α	Υ	0	

How to play

of Shrek: 2 wds.

66. 'Verb' suffix

67. Actress Ms.

65. Demise

(Wordy)

Suvari's

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

riday's Sudoku

1	6	8	4	5	9	2	3	7
2	3	9	7	6	1	4	5	8
4	7	5	3	8	2	1	9	6
9	1	7	6	2	8	3	4	5
8	2	6	5	4	3	7	1	9
5	4	3	9	1	7	6	8	2
6	5	1	2	9	4	8	7	3
3	8	2	1	7	5	9	6	4
7	9	4	8	3	6	5	2	1

	8	9	1		5	4	3	
3	6						7	8
		7	5		8	9		
	1			3			8	
		8	7		2	3		
8	9						1	5
	5	3	4		6	7	9	

TODAY

MAX: -7°

TUESDAY

:ö:

MAX: 0° MIN: -8

:00:

WEDNESDAY

MAX: 11



ANDREW SCHULTZ

WEEKDAYS 5:30 AM



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